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ABSTRACT

Compiled as a component of the United States Department of Agriculture's Student, Parent, Educator, Administrator, Children SPEAC for Nutrition Demonstration Project, this selected, annotated bibliography was designed to aid concerned individuals in developing and/or operating a preschool nutrition education curriculum. Topics include early childhood development; day care and preschool curricula: food related activities: child care food service operation and management: teaching techniques, strategies, and administration: children's books relating to food and nutrition: and newsletters. (Author/MP)

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For Nutrition

SPEAC
Student
Parent
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Children

A Cooperative Adventure in Preschool Nutrition Education

Minneapolis Public Schools
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ANNOTATED BIBLIOGRAPHY

FOR

STUDENTS, PARENTS, EDUCATORS, ADMINISTRATORS

OF

PRESCHOOL CHILDREN IN NUTRITION EDUCATION

January 1980

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Project Title: SPEAC For Nutrition
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Minneapolis Public Schools
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INTRODUCTION

This annotated bibliography was compiled as a component of the USDA SPEAC For Nutrition Demonstration Project. Literature searches through Eric, AGRICOLA, CDI, AND Mdler were conducted. Entries from these searches and additional resources reviewed by the project coordinator form the basis for the annotated bibliography. Its development is a cooperation effort between Minneapolis Public Schools, Minnesota State Department of Education, and the University of Minnesota. Its intended use beyond the SPEAC For Nutrition Project is for parents and educators of young children in the area of nutrition.

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Because these topics overlap, look under related headings. The references included in this selective annotated bibliography are intended for use by students, parents, educators, administrators, public health staff and food service personnel in developing and/or operating preschool nutrition education curriculm. The references listed are not intended to include all available materials in these subject areas. Selection of references were based on the need to support the development and implementation of the SPEAC For Nutrition Curriculum.

All entries are annotated to help the user decide which resources will best meet his/her need.

Reference is made to the copyrighted form the resource is produced in.

Public information is given as completely as possible so that materials may be ordered.

Additions will be made to the annotated bibliography periodically.

Additional copies may be ordered from:

SPEAC For Nutrition
Special Education Service Center
HERC
254 Upton Avenue South
Minneapolis, MN 55405

Early Childhood Development

Ames, Louise Bates. Child Care and Development. J. B. Lippincott Co., Philadelphia, Penn., 1979. Textbook

A teachers manual and student copy comprise this book. Current information on child development, families, children with special needs and careers is emphasized. The feeling of young children is discussed by age of the child.

Braga, Laurie and Joseph Braga. Growing With Children. Prentice Hall, Inc., Englewood Cliffs, New Jersey, 1974. $2.95 Book

This is a book about children for parents seeking to better understand their child. Noted child development authorities are drawn upon to present a sensitive and informed explanation of the needs, capabilities, and emotions of children from birth to six years.

Brazelton, T. Berry, M.D. Infants and Mothers, Differences in Development. Dell Publishing Co., Inc., 1969, 296 pp. $6.95 Book

From the first week to the 12th month the average, quiet and active baby is exemplified and compared. Care givers are reassured of their baby's normal growth through the case studies and comparisons referred to in the book.

Brazelton, T. Berry, M.D. Todders and Parents, A Declaration of Independence. Dell Publishing Co., Inc., 1974. 250 pp. $6.95 Book

The declaration of independence, sibling rivalry and ongoing learning process of the toddler to 30 months is dealt with in easy reading. A reassuring reference for parents, teachers and older siblings of a toddler.

Broman, Betty L. The Early Years in Childhood Education. Rand McNally, 1978, 455 pp. Book

The textbook including history, theory, curriculum and a special unit on health, nutrition and disease. It provides a general education guide for the preschool teacher.

Butterick Child Care Series. Butterick Publishing Co., 708 3rd Ave., New York, New York 10017, 4 Programs, 1978. Curriculum Series

Each child care series includes four filmstrips, four cassettes and 10-12 Spirit masters.

Program titles:
- Prenatal Care - Program 1
- Infant Care - Program 2
- Caring for Toddlers - Program 3
- Caring for Pre-Schoolers - Program 4

Caplan, Frank - General Editor. The First Twelve Months of Life. Grosset Dunlap, 1971. Book

A Guide to the month by monthy physical, mental, social and language development of the infant.

Caplan, Frank and Theresa. The Second Twelve Months of Life. Grosset, 1977. Book

A guide for those important changes in development. Focuses on recognizing the beginnings of independence, the source of fears and the shaping of habits.

Carta, Elizabeth. Education for School-Age Parenting, Final Report. June 1976, Connecticut State Department of Education Hartford. Periodical

A pilot program with instructional objectives to teach the homebound parents about their young child. Nutrition information about infant feeding is stressed.

Child Care Manual. Sutherland Learning Associates Inc., 14654 Oxnard Street, Van Nuys, CA 91411. 1978. $7.75 Book

Child care will provide answers in childhood development birth through age six. Basic information, lists, charts and records are an accurate resource included in this book.

Chow, Marilyn P., Barbara A. Durand, M. N. Feldman. Handbook of Pediatric Primary Care. A Wiley Medical Publication. John Wiley & Sons, 605 - 3rd Ave., New York, New York 10016. 1979. $19.50 Book

Although written for the nurse practioner and medical personnel the terminology is clear and easy to follow. It would serve as a guide for group and individual nutrition assessments. Milk and milk substitutes, food guides of some cultural, ethnic and specialty diets, and developmental charts are the highlights of this book. A guide to use with the parents of a young child.

Early Childhood. The American Federation of Teachers, Avery Publishing Group, Inc., Wayne, New Jersey. 1977. Articles

A series of articles on early childhood, day care and child care agencies. Curriculum methods and techniques are included in the articles.

Mondada, Corinna. Some Essential Learner Outcomes In Early Childhood Education. Division of Instruction, Minnesota Department of Education, Fall, 1978, 135 pp. Curriculum Guide

A series of documents containing samples of knowledge and learning outcomes for a child from birth to six years old. An excellent guide for child development and coordinating nutrition activities at the appropriate level.

White, Burton L. The First Three Years of Life. Prentice-Hall, 1975. Book

This book is designed to give parents and educators information needed to help the child develop in the first 36 months of life.

Day Care and Preschool Curricula

A Curriculum for Preschool, Nursery-Kindergarten. Nutrition Foundation, Office of Education and Public Affairs, 888 - 17th St. N.W., Washington, DC 20006, 353 pp., 1978. $9.00

This manual is designed for 3-4-5 year olds and contains 29 units. Some of the topics covered are: sensory enjoyment of food, parts of plan foods, food groups, good breakfasts, and food sanitation.

Faine, Mary P. and B. S. Worthington. "The Need for Nutrition: In the Family Day Care Home." Day Care and Early Education. 4:3 (January-February 1977), pp. 12-14. Article

Results of a nutritional knowledge and practices survey. Deals with information day care providers would like training sessions on. Suggestions for including nutrition education in the training of family day care homes are given.

Food Early Choices. National Dairy Council, 6300 North River Road, Rosemont, Illinois 60018. 1980. Curriculum

A preschool nutrition education curriculum inclusive of records, and teaching materials in the packet supportive of the curriculum. An excellent resource for preschool and day care. A fore runner of Food Your Choice designed for K-12 grades.

Galinsky, Ellen and W. H. Hooks. The New Extended Family. Day Care Dept. Houghton Mifflin Co. 2 Park St., Boston, Ma. 02107. 1979. $11.95 cloth, $6.95 paper Book

This book tells how successful day care has been developed, much of it told by the people who did it themselves. A source book, providing practical guidelines for parents seeking day care, for providers concerned with problems and policy makers.

Harrill, Inez. "Food Acceptance and Nutrient Intake of Preschool Children." Journal of Nutrition Education. 4:3 (Summer 1972), pp. 103-106. Article

A report on preschool personnel effectively promoting attitudes toward food to the young child.

Jenny is a Good Thing. 1969. Modern Talking Picture Service, Inc., 2323 New Hyde Park Road, New Hyde Park, New York 11140, film 16mm. color, 18 min. Film

Filmed at four Head Start centers. It shows the children in action of preparing food and learning about this food.

Junas, L. J. "Nutrition Education in Day Care Programs." J. Am. Dietetic Assn., 63:134-137, 1973. Article

Suggestions for nutrition educators on expansion of their roles in the day care programs. An interdisciplinary approach to including food service in the education program is encouraged.

Karsch, Brearley. "Nutrition Education in Day Care." Journal of Home Economics. 69:4 (September 1977), pp. 14-17. Article

A report on food service and nutrition education at a Philadelphia day care center. Staff involvement in education and eating is emphasized.

Keister, Mary E. The Good Life For Infants and Toddlers. NAEYC Books, 1970, 48 pp. $150 Book

How to provide high quality care for infants in groups outside the home. A demo program of daytime care is described examining the essential elements of the environment, staff, materials and program. A reference list for parents and educators included.

Lindberg, Lucile and Rita Swedlow. Early Childhood Education: A Guide for Observation and Participation. Allyn and Bacon, Inc., Boston, 1976. 304 pp. Book

Content is arranged both according to the coponents of a program and curriculum areas. A useful guide for teacher educators in planning a course on how to work with the young child. Worksheets, pre-post tests are included. One chapter is devoted to food to include sensory experiences, equipment and the role of the teacher.

Marbach, E. S., M. Plass, and L. Hsu. Nutrition in a Changing World: A Curriculum for Primary Level, Grades 1-3. Nutrition Foundation, Office of Education and Public Affairs, 888 17th St. N.W., Washington DC 20006, 154 pp. $6.00 Curriculum

A well organized curriculum designed to be fun and informative for students and teachers. Fourteen units, nutrition notes, preand post-assessment tools, rationales and objectives are included. The educational approach is innovative and interdisciplinary. Parent-child interaction activities are encouraged and suggested.

Marion, Marian C. "Touch, Taste, Smell - Feeding Nutrition into Your Program." Day Care and Early Education. 5:4 (Summer 1978), pp. 12-14. Article

A discussion of teaching approaches and methodology at the preschool level. Desired nutrition knowledge is attained through activities and examples.

Miltary Child Care Project. c/o Morale Support Fund, Bldg. T-2410, Ft. Lewis, Washington 98433. 1979 Curriculum

Medules in child environments, staff develoment and administrative procedures were developed for use in a military child care center. All concepts and materials are applicable to civilian centers and related programs in child development, parenting and adminstration. Created and developed by a national task force for child care in the military.

Preschool Nutrition Education Monograph. NNECH, 2140 Shattuck Ave., Suite 1110, Berkeley, CA 94704. Nov. 1978, 100 pp. $4.50 Articles

This monograph contains selected articles useful to teachers, students, parents and others interested in the nutrition education of preschool children. Articles included are on the topics of food habits and nutrient intake of preschool children, nutrition education programs, day care personnel training and parent education.

Quigly, R. D. "The Need for Nutrition: in the Day Care Center." Day Care and Early Education. 4:8-11, 1977. Article

Food selection toward choosing more nutritious foods is described.

Randell, Jill A, R. D., M. S., Ed. M.; C. M. Olson, Ph. D. Early Childhood Nutrition Program. Mailing Room, 7 Research Park, Cornel University, Ithaca, New York 14853. 1979. Components: Educators Guide: Food Experiences for Young Children $20.00, Nutrition Activities: Preschoolers and Parents, Early Childhood Educator's: Nutrition Handbook, Parents and Preschoolers: A recipe for Good Nutrition $6.00. Curriculum

Designed for all educators of young children from ages two to five, including teachers, teacher aides, volunteers, food preparation workers and nutritionists. Parent education, an important component of early childhood education, receives special attention in the program materials.

Schram, Carol, and R. Highberger. Child Development for Day Care Workers. Houghton Mifflin Co., Boston. 1976, 48 pp. Book

This manual offers supplementary comments and materials for use with child development personnel and day care workers. Each chapter includes: suggestions for projects, resources and evaluation procedures.

Sulby, Arnold B. "Family Day Care: The Nutritional Component." Children Today, 2:3 (May-June 1973), pp. 12-15. Article

Reports on teaching nutrition to parents in a Philadelphia day care service organization.

Nutrition Information

Castle, Sue. Complete Guide To Preparing Baby Foods at Home. Doubleday, 1973. Book

Easy ways to feed the baby and child low cost, high nutrition meals.

Deutsch, R. The Family Guide to Better Food and Better Health. Bantam Books, Inc., New York, 1973. $1.95 Book

A family guide to nutrition. written for the consumer to understand and follow. Sound nutrition knowledge given.

Deutsch, R. Realities of Nutrition. Bull Publishing Co., P.O. Box 208, Palo Alto, Ca 94302, 405 pp. $9.95 Book

An update of current realities in nutrition. Facts and fallacies are reviewed with literature references as an update.

Feeding Your Young Children. National Dairy Council, 1969. Slide presentation

Sixty slides giving emphasis on building positive attitudes toward food. A guide for parents of preschool children on recommended services and approaches to feeding patterns.

First Foods. Society for Nutrition Education, 2140 Shattuck Avenue, Suite 1110, Berkeley, Ca 94704. 1978. Film

First Foods is aimed at parents, parent educators and child care personnel. It offers basic information on food for the first year of life, issues and concerns surrounding food and advice from Dr. Jean Mayer. The content was approved by an advisory panel of nutrition authorities from around the country. The film is a dequel to "Great Expectations" a film on nutrition for pregnant women and new mothers.

Food. Consumer Information Center, Dept. A-4, Pueblo, Colorado 81009. 1979. Home and Garden Bulletin #228. First Copy Free. Additional $3.25 Periodical

The first of a new series of USDA publications designed to give you up-to-date reliable information about food and nutrition issues and how to apply this information to your food decisions. An attractive, easy to read source on the five suggested food groups.

Hatfield, A. K. and P. S. Stanton. Help! My Child Won't Eat Right: A Guide to Better Nutrition. Acropolis Books, Ltd., 2400 - 17th St. N. W., Washington, DC 20009, 1973, 168 pp. $4.50 Book

An unusual, practical nutrition and child feeding guide for parents. In anecdotal style it contains information on nutrients and nutritional problems, poems, meal suggestions, recipes and advice. Parents, teachers and day care personnel will enjoy this guide. Some nutrition information lacks unification and must be evaluated by the reader.

Key Nutrients in Foods. Professional Health Media Services, Inc., P.O. Box 922, Loma Linda, CA 92354, 1976, $3.50 per set. Book

Eight bulletin board nutrient characters approximately 15" high in full color. Appealing to preschool children.

Lambert-Lagace, Louise. Feeding Your Child. Collier-MacMillan Canada, 539 Collier-MacMillan Drive, Cambridge (Galt) Ontario, N1RSWQ, Canada, 1976, 274 pp., soft cover, $3.95 Book

Written by a well trained nutritionist for parents and food providers of young children. Infant and toddler nutrition is discussed.

Lappe, France Moore. Diet For A Small Planet. Ballantine Books, Westminister, MD 21157, 1975. 411 pp., $1.95 Book

Improving nutrition, how to add protein-rich foods to your diet using less meat recipes for vegetarian foods. A good reference for the vegetarian.

Martin, E. A., Nutrition in Action, 3rd edition. Holt, Rinehart and Winston, 383 Madison Avenue, New York, New York 10017, 406 pp. $12.95 Book

Martin, E. A., Rooert's Nutrition Work With Children. University of Chicago Press, Midway Prints, 5801 Ellis Avenue, Chicago, IL 60637, 1954, 227 pp. $15.00 Book

A report on nutrition needs of the young child. A text for the educators and directors in child care programs.

McClenahan, Pat and Ida Jagua. Cool Cooking For Kids. Fearon Pitman Publishers, Inc., 6 Davis Drive, Belmont, CA 94002. 1976. 170 pp. $650. Book

A guide for teaching food and nutrition creatively. The lesson plans, and activities define objectives and outcomes of the specific learning experience. An emphasis is placed on cool cooking without heat. Nutrition and health information included in all lessons.

McDonald, Linda. Instant Baby Food. Iaklawn Press, 1976. Book

A do-it-yourself guide, using a food grinder and no artificial ingredients.

McGill, M., and O. Pye. Th No-Nonsense Guide to Food and Nutrition. Butterick Publishing, 708 3rd Ave., New York, New York 10017, 1978, 224 pp., softcover. $5.95 Book

Parents, students and educators will welcome this guide written in consumer language. Comprehensive nutrition facts and concerns, history of nutrition, consumer concerns and meal planning are included in the format. The guide may serve a a primer for teachers and staff responsible for nutrition education, and professionals working in foods and nutrition-related programs.

McWilliams, M. Nutrition For the Growing Years. 2nd edition. John Wiley and Sons, 605 - 3rd Ave., New York, New York 10016, 1975, 452 pp. $12.50 Book

Basic facts of nutrition are presented, special attention is placed on nutritional demands associated with child development. A handbook of applied childhood nutrition for the nutrition educator of young children.

Mitchell, Margaret. Guiding Nutrition Behavior For Preschoolers. Olmsted County Council, Rochester, Minnesota 55901, 1978, 98 pp. Book

For use by the classroom teacher working with children in preschool and child care centers. It serves as a framework for planning an organized nutrition education curricula. Basic knowledge, curriculum planning and activities are included.

Nutrition For Little Children, 1973. Educational Activities, Inc., P.O. Box 392, Freeport, New York, New York 11520, color filmstrip, approximately 10 minutes. $14.50 with record Filmstrip

The filmstrip shows nutrition information on food, its sources and its relationship to your health and growth.

Nutrition Source Book. National Dairy Council, Dairy Food and Nutrition Council of Minnesota, Hillsborough Office Building #1, Rice Street, St. Paul, MN. 1978 Book

A source of nutrition information for educators in the field of nutrition. Statistics, resources and current topics are the focus of the publication.

O'Brian, Marion. "Facts and Fancies about Children's Foods." Day Care and early Education, 5:4 (Summer 1978), pp. 10-11. Article

Facts and fancies of a toddler's meal pattern.

Pipes, Peggy L. Nutrition in Infancy and Childhood. C. V. Mosby Co., 1977 Book

A review of nutrition in growth and development. Includes recommended nutrient intakes for children. Also deals with the development of feeding behaviors.

Quigley, Robert D. "The Need for Nutrition: In the Day Care Center." Day Care and Early Education. 4:3 (January-February 1977), pp. 8-11, 46. Article

Describes and evaluates a nutrition education program for preschoolers. Stresses the needs in relationship to the child's state of development.

Reinish, Edith H. and Ralph E. Mear, Jr. Health of the Preschool Child. John Wiley and Sons, 1978, 256 pp. Book

Specifically aids early childhood educators in the improvement of the health of the preschool child. A chapter on nutrition deals with what a nutrition program should accomplish and the requirements of nutrition.

Smith, Janice M. "Pathways to Preschool Nutrition Education." Health Education. 7:3 (May-June 1976), pp. 14-16. Article

Suggests that games with preschool children help develop a child's concept of good eating habits.

Food Related Activities

Adventures in Cooking. c/o Mrs. Florine P. Foster, 810 Harding St., Westfield, New Jersey 07090. 1979. $4.00 Book

A collection of recipes for use in nursery schools, day care centers, and Head Start Programs. A plasticized cover and brillant cover is practical and attractive for young children.

Asmussan, P. D. Simplified Recipes for Day Care Centers. Cahners Books, Boston, 1973, 217 pp. $12.95 Book

Recipes, weight and volume tables and suggested preparation are included. Useful for food service personnel.

Ault, R. and L. Uraneck. Kids Are Natural Cooks. Houghton Mifflin Co., Boston, MA, 1974, 129 pp. $6.95 Book

More than 60 recipes for the use of food in the preschool classroom. It enhances nutritional choices by exposing children to a wide variety of foods.

Baxter, Kathleen M. Come and Get It, A Natural Foods Cookbook for Children. Childrens First Press, Box 8008, Ann Arbor, Michigan 48107. 128 pp. 1979. $8.50 Book

Nutritionally sound recipes supportive of whole food cooking. Every food was child taste-tested. The recipes ar written in four levels of difficulty from easy no cooking recipes to advanced cooking.

Borghese, Anita. The Down to Earty Cookbook. Scribner, 1973. Book

New and different recipes for the young child to try with family and educator.

Cabin, Ruth, Antheneum. One Pinch of Sunshine, One-Half Cup Rain. 1973. Book

Easy and fun food recipes for young children.

Cooper, Terry T. and Ratner, Marilyn. Many Hands Cooking; An International Cookbook for Girls and Boys. Crowell, 1974. $6.50 Book

Recipes are fully explained and attractively presented. Educators may use to promote food in many countries.

Edge, Nellie. Kindergarten Cooks. Pen-Print Inc., 114 North Lincoln, Port Angeles, WA 98362, 1975, 167 pp. $5.95 Book

Yummy recipes. Nutritious, fun foods for home and school. Pictures and words aid reading and recognition skills. Clear and easy to follow.

Ferreira, N. J. The Mother-Child Cookbood, an introduction to educational cooking. Pacific Coast Publishers, 4085 Campbell Avenue, Manlo Park, CA 94025, 1969, 73 pp. $2.95 Book

Recommended for use with young children in school and at home. An explanation of cooking experiences and their value along with 100 recipes lend materials for use with the young child.

Goodwin, M. T. and G. Pollen. Creative Food Experiences for Children. Center for Science in the Public Interest, 1755 S. St. N.W., Washington, DC 20009, 1974, 191 pp. $4.50 Book

Written to help teachers, nutritionists and parents use food-related activities with children to teach nutrition. The nutrition information is currrent and applicable to present eating habits in the USA.

Hautzig, Esther. Cool Cooking. Lothrop, 1973. $5.95 Book

Sixteen recipes for classroom food preparation not requiring a stove. Directions are simple to follow.

How to Make Elephant Bread. Pantheon Books, Division of Random House, $3.95 Book

This book gives 15 easy snacks that children can prepare themselves, all from household foods and no cooking is necessary.

Kelly, Karin. Soup's On! Early Craft Book, 1975 Book

Soup recipes and how you can prepare them.

Kids Are Natural Cooks. Parent's Nursery School, Houghton Mifflin Co., Boston, MA 02107, 1973. Book

Child tested recipes for home and school using natural foods.

Lansky, Vicki. Feed Me! I'm Yours. Meadowbrook Press, 16648 Meadowbrook Lane, Wayzata, MN 55391, 1974, 117 pp. Book

Baby food, toddler food, finger food, health snacks, breakfasts, and kitchen crafts are some of the many topics covered by this book for mothers of preschoolers.

Lansky, Vicki. The Taming of the C.A.N.D.Y. Monster. Meadowbrook Press, 16648 Meadowbrook Lane, Wayzata, MN 55391, 1978, 141 pp. Book

Nutrition as a matter of parenting begins this guide to a young child's eating habits. Junk food alternatives, food substitutes and a market selective guide for parents is included.

MacGregor, Carol. The Storybook Cookbook. Doubleday, 1967. Lib. ed., $4.95 Book

This cookbook includes 22 recipes for favorite storybook characters. Reference to the stories, quotes and recipes are included.

McClenahan, P. and I. Jaque. Cook Cooking For Kids. Fearon Publishers, Inc., 6 Davis Drive, Belmont, CA 94002, 1976, 170 pp. $6.50 Book

A cookbook and curriculum resource designed to aid preschool teachers with nutrition information, teaching techniques, activity ideas and knowledge of student abilities.

Moore, Eva. The Cookie Book. Seabury, 1973. $5.95 Book

Twelve recipes, one for each month of the year, suggest easy preparation in the classroom. Illustrations for directions and ingredients.

More Than Graham Crackers: Nutrition Education and Food Preparation With Young Children. NAEYC, 1834 Connecticut Ave. N.W., Washington, DC 20009. 100 pp. NAEYC #316. $4.20 Book

A food guide including recipes to be used in day care centers. Nutrition information for the young child inserted as information.

Peterson, Lois and L. Schmidt. WIC and You and Recipe Too. Minneapolis Health Dept., 250 - 4th St., Mpls., MN 55415. $2.50 prepaid. Book

Recipes and valuable information for WIC and non WIC participants. Each recipe is coded for nutrients it streesses most. Issues on weight, costs, holidays and menu planning in accordance with nutrition information is provided.

Pinkwater, Jill. The Natural Cook's First Cookbook. Dodd, 1973. Book

A colorful food cookbook for beginners.

Pinkwater, Jill. The Natural Snack Cookbook. Four Winds Press, 1975. Book

1,151 good things to make and eat.

Riggs, E. and B. Darpinian. It's More Than A Cookbook. Learning Stuff, P.O. Box 4123, Modesto, CA 95352, 1975, 23 pp. $19.95 Book

Designed for the non reading preschool child. Recipes, posters, activities are selected to represent a range of skills and curriculum areas of the preschool.

Steed, Freida R. A Special Picture Cookbook. H & H Enterprises, Inc., P.O. Box 1070, Lawrence, Kansas 66044, 1977, 108 pp. $5.95. Book

A simple, well illustrated, step-by-step manual intended to help children learn to prepare some basic food items. The picture instructions train the preschool child to follow the recipes and understand the preparation process.

Stein, Sara. The Kids' Kitchen and Take Over. Workman, 1975. Paper, $4.95; hard cover, $9.95 Book

Over 120 recipes and activities that can be done in the kitchen at school and at home.

Stubis, Patricia and Talivaldis. Sandwichery. Parents' Magazine, 1975. $5.50; lib. ed., $4.96 Book

Instructions for making these simple, tasty sandwiches are clear and easy to follow.

Veitch, B. A Child's Cookbook. 656 Terra California Drive, No. 3, Walnut Creek, CA, 1976, 206 pp. $4.50 Book

A well organized cookbook for children. Emphasis is on nutritious foods children can make with parent and teacher guidance.

Wilms, B. Crunchy Bananas. Peregaine Smith, Inc., P.O. Box 11606, Salt Lake City, UT 84111, 1975, 111 pp. $4.95 Book

Recipes included are easily prepared by children aged 2-8, generally appeal to children's tastebuds and they have some nutritional values. Recommended for parents and teachers of young children.

Young Children's Mix and Fix Cookbook. Parents' Magazine Enterprises, Inc., 1975 Book

Over 55 tasty, nutritious, easy-to-make recipes for preschoolers.

Child Care Food Service Operation and Management

A Planning Guide for Food Service in Child Care Centers. U.S. Government Printing Office, Washington, DC 20402. April 1976. $.75 Book

Designed to help child care food program participants plan their food service. Included are sections on: meal planning, menus for young children, food preparation tips and nutrition education.

Cannamore, Shirley. Snacks For Young Children. Vol. II, No. 4, Texas University, Austin, Department of Special Education. Book

Information on planning, purchasing and serving snacks to young children. Nutritional aspects in snack planning are reviewed. Sample menus are provided.

Discovering vegetables: The Nutrition Education Guidebook for School Food Service Managers and Cooperators for Use With Children Ages 5-8. Food and Nutrition Service, Washington, DC, January 1975. Book

Designed to help school food service personnel to familiarize young children with a variety of vegetables. Recipes, nutrition information and additional resources are included.

Equipment Guide for Preschool and School Age Child Service Institutions. PA-999. USDA Food and Nutrition Service - Child Nutrition Division, 1974. Book

A guide for planning and equipping day care facilities participating in the child care food program. Selection guidelines provided.

FRAC's Guide to the Child Care Food Program. Food Research and Action Center, 2011 Eve. St. N. W., Washington, DC 20006. $1.67 Book

Information on the child care food program. Availability of participation, reimbursement, and community involvement discussed.

Handbook for Local Head Start Nutrition Specialists. U.S. Dept. of HEW. Office of Human Development Servides. 1977. Book

This publication as a guidebook provides us with head start philosophy and programs on the local, regional and national level.

Meal Planning for Young Children. General Mills, Inc., Dept. 505, Mpls., MN, pp. $.35 Pamphlet

A 24-page booklet for mothers and caregivers of young children offering ideas for building appetites and suggestions for properly selecting, preparing and serving nutritious food.

Menu Planning for Child Care Programs. Treadwell, D. D., 1973. Visual Communications, 412 Roberts Hall, Cornell University, Ithaca, New York 14853. $19.00 Slides

Two sets of slides to be shown simultaneously. Intended for cooks, directors of day care centers and nutritionists with young children. A script suggests discussion activities.

O'Brien, Marion, E. Jackson, and Todd R. Risley. "Menus for Toddlers in Day Care." Day Care and Early Education, 6:1 (Fall, 1978), pp. 48-53. Article

O'Brien, Marion, E. Jackson, and Todd R. Risley. "Menus for Toddlers in Day Care." Day Care and Early Education, 6:2 (Winter, 1978), pp. 45-48. Article

Parts one and two of a four publication series. Four weeks of menus for toddlers for use in day care centers are provided. The three year research through HEW provides menu development and implementation, safety and sanitation and eating habits of the toddler in a day care environment.

Planning Food For Day Care Centers. Michigan State Univ., ANREL, 410 Agricultural Hall, Michigan State University, East Lansing, Michigan 48824. $5.00 Loan for two week period. Curriculum

Fine teaching packets which identify the basis of efficient and economical food service and offer a practical approach to the operation of feeding children. Materials in the Kit provide tools for staff training and center operation. Emphasis is on menu planning, marketing, organization and sanitation.

Smith, R. M. School Lunch and the Curriculum: A Teacher's Handbook. School Food Service Division, West Virginia Department of Education, 1900 Washington St. East, Bldg. 6, Room 248, Charleston, WV 25305, n.d., 108 pp., free. Book

A handbook suggesting curriculum and guidelines for the preschool - grade 12 student. Integration into the school lunch program is promoted. Goals and objectives for health and nutrition programs in the elementary school may serve in establishing a curriculum in nutrition education.

Teaching Techniques and Strategies

Croft, Doreen J. Be Honest With Yourself. Wadsworth Publishing Co., Inc., Belmont, CA, 1976, 125 pp. Book

A self-evaluation handbook for early childhood education teachers. The evaluation questions and incidents related are useful for parents, volunteers and child care workers. Reaction sheets for inservice of educators are included.

Cyrs, T.F., Jr. You, Behavioral Objectives and Nutrition Education. National Dairy Council, 6300 W. River Road, Rosemont, Il 60618, 1973, 71 pp. $125 Pamphlet

Fowler, William. Curriculum and Assessment Guides for Infant and Child Care. Allyn and Bacon, Inc., College Division/Dept. 894, 470 Atlantic Ave., Boston, Mass 02210. 1979 Book

A guide to assessment of all aspects of curriculum for the young child. A resource applicable for day care personnel, students and parents seeking knowledge about the appropriate center for their child.

Go, Christine. Instrument for Use in the Analysis of K-12 Nutrition Curriculum Guides. Society for Nutrition Education, National Dairy Council, NECN monograph No. 1. Curriculum Guide

An analysis guide for nutrition education materials.

Highberger, Ruth and C. O. Schramm. Child Development For Day Care Workers. Houghton Mifflin Co., Boston, MA 02107. 1979. 243 pp. Book

Child development stages explained practically for day-to-day contact with the young child. Use with child development students also applicable.

Kim Likes to Eat; Food Helps Kim Grow; Kim Helps Care for Food; Kim Remembers to Wash. 1973, Yakima HE Association, P.O. Box 2424, Yakima, WA 98902, 12 pp. $.50 Pamphlet

Four booklets designed to teach basic nutrition concepts in terms understood by the preschooler. Study questions and activities are included in each booklet.

Kratky, Patricia and Lois Haigh. Making Nutrition Education Count: A Guide for Nutrition Education K-6. July 1975, Minnesota State Department of Education, Division of Vocational and Technical Education. Curriculum Guide

A comprehensive curriculum guide for nutrition education. Thirteen concepts based on the child's decision-making process as a food consumer are used. Activities, concepts and teaching materials included.

Marion, Marian Colonna. "Touch, Taste, Smell - Feeding Nutrition into Your Program." Day Care and Early Education. 5:4 (Summer 1978), pp. 12-14. Article

Suggests activities on sensory experiences for preschool children learning nutrition concepts.

Murrah, Pauline. Leader's Handbook for a Nutrition and Food Course. Project Head Start, 1967, 65 pp. Book

A ten lesson curriculum guide for teaching parents of head start children. Emphasis is placed on planning, purchasing, preparing and serving nutritious foods. Methods of teaching, programs and topics are included for inservice of parents.

Nutrition Action Pack. McDonald's. 1975, Box 2594, Chicago, IL 60690. $1.00 Curriculum

Ditto activity masters for preschool and elementary children. The awareness of eating habits and the basic four food groups are stressed.

Nutrition Training Guide for Classroom Personnel in Head Start Programs. 1976, Office of Human Development/Office of Child Development, U.S. Department of HEW, Washington, DC 20013, 82 pp., free. Book

A nutrition training package for the Child Development Associate Program and other teacher training programs. It deals with seven nutrition component competencies.

Project Head Start. Rainbow Series. Child Development Services Bureau, Washington, DC, 1969. Booklets

A guide book and series of booklets dealing with the need and implementation of good nutrition for the preschool child and their families.

Schmidt, Carolee Ann. The Development and Evaluation of a Kindergarten Guide Based on Opinions of Oklahoma Kindergarten Teachers Toward Nutrition Education. December, 1974, 211 pp. Ed.D. Dissertation, Oklahoma State University. Curriculum

Curriculum development guide and reasoning for development. Activities, research, and curriculum integration included. A guide for developing and evaluating curriculum.

Sciarra, Dorothy J. and A. G. Dorsey. Developing and Administering a Child Care Center. Houghton Mifflin Co., Boston, MA 02107. 1979. 393 pp. Book

An up to date guide on administration of a day care center. Useful for directors, teachers and parents requiring additional procedure information.

Washbon, M. and R. Klippstein. How Children Learn About Food. 1972. Available in two formats: 1) 20 color slides, discussion questions, 20 pp., $5.00 or 2) 20 color flash cards, $3.00, Media Services, Visual Communications, 412 Roberts Hall, Cornell University, Ithaca, New York 14853. Slides

The discussion ideas are useful for inservice and parent education. Emphasis is on the development of a positive, inquisitive attitude in the child toward food.

Childrens' Books Relating to Food and Nutrition

Burns, Marilyn. Good For Me! Little Brown and Company, Boston, 1978, 127 pp. $4.95

Through stories and facts why you eat and what happens when you do is explained. A reference for teachers and parents of young children for stories, activities and facts.

Carle, Eric. The Very Hungry Caterpillar. World Publishing Company, New York, 1970. $4.95

This hungry caterpillar eats many interesting foods as it prepares for becoming a butterfly.

Day, Jennifer. What is a Fruit? Golden Press, New York, 1976.

Colorful pictures of food for the beginner's introduction to fruit.

Fenton, L. Fruits We Eat. John D[illegible] Company, 1961.

Exciting stories about fruit.

Gaeddert, Lou Ann. Gustav, the Gourmet, Giant. Dial, 1976. $6.95

Kellogg's illustrations, with the giant theme. Gluttony eating is empnasized through colorful and clear illustrations.

Greene, Ellin. Clever Cooks. Lothrup, 1973. $4.95; l.b. ed., $5.61.

A collection of stories, recipes and riddles for story telling to the preschool child. The stories promote cooking in the classroom.

Hitle and Hayes. Mexicali Soup. Parents' Magazine Press, $4.50

A story of a family's likes and dislikes and how a mother deals with them.

Hoban, Russell. Bread and Jam for Frances. Harper and Row, 1976. $3.95

Bread and jam are the only foods Frances, a badger child, will eat. She comes to recognize that a varied diet has more interest than her limited one of bread and jam.

Ikeda, J. and L. Garcia. Humpty Dumpty Was An Egg. Agricultural Science Publications, 1977.

A booklet of activities for teaching children about food. An annotated resource section of food and nutrition materials is included along with ways to incorporate parent involvement.

Jonnston, Harriet. What's In Food?. St. Mary's College Press, Winona, Minnesota, 1973, 104 pp. $2.40.

An activity coloring book about nutrition for children and guidance through their parents and teachers.

Kohn, Bernice. Apples: A Bushel of Fun and Facts. Parents' Magazine, 1976. $4.96.

A resource on the history, distribution, and varieties of apples available. Illustrations usable for small group presentations.

Overbeck, Cynthia. The Fruit Book. Lerner, 1975. Lib. ed., $3.95.

Bright, bold illustrations and clear printing. Explanation about familiar fruits children eat.

Paterson, Diane. Eat! Dial Publishing Co. $4.95.

The familiar problem of the picky eater is the subject of this hilarious and delightfully illustrated book.

Selsam, Millicent E. More Potatoes! Harper, 1972. $3.95; lib. ed., $3.79.

A story about how potatoes are grown, harvested, and distributed.

Selsam, Millicent. Vegetables From Stems and Leaves. Wiliam Morrow and Company, 1972.

Explains with colored photographs the growth of 12 vegetables.

Sendak, Maurice. Chicken Soup With Rice. Harper and Row, New York, 1962. $3.27.

In poem form, a young boy goes through each month of the year justifying why "chicken soup with rice" is good to eat.

Showers, Paul. What Happens To A Hamburger. Crowell, 1970. $4.50.

An explanation of how a hamburger is turned into bones, muscles and energy. Simple experiments are included.

Spitze, Hazel T. and Pitt Rotz. We Are What We Eat. Steck-Vaughn, Texas, 1977, 92 pp.

A workbook with nutrition lessons. A useful guide for discussion with the preschool child.

Stevens, Carla. How to Make a Possum's Honey Bread. Seabury, 1976. $6.50.

Animals bake and enjoy eating a hot tasty bread. The story includes the recipe with three variations.

Stoia, R., Dandelion. The Lion Who Lost his Roar. Dandelion, 4165 Fowler Drive, Bellbrook, OH 45305, 1971.

A coloring book and story of a lion who loses his roar through poor eating habits. By learning about the basic four, and eating wisely, he gets his roar back.

Sunkist Flannelboard Set. Sunkist Growers, Inc., Department 76-FM, Box 7888, Van Nuys, CA 91409, 1976. $3.00.

Five flannelboard stories for older preschool children children. Games and group activities are promoted in the stories. Nutritious eating is the promotion goal of Sunkist.

The Snacking Mouse. 1977. Polished Apple, 3742 Seahorn Drive, Malibu, CA 90265, color filmstrip, 41 frames, cassette, five minutes. $19.75.

An introduction to sensible snacking and to snack foods. The mouse is a snack-a-holic!

The Thing The Professor Forgot. Office of Communication, USDA, 1975. Consumer Information, Department Q, Pueblo, CO 81009, 18 pp. Free.

The basic four food groups are told in picture and rhyme. Designed to be read to the preschool child.

Towle, Faith. The Magic Cooking Pot. Houghton, 1975. Lib ed., $6.95.

A folktale about a bountiful pot that serves unending rice to the man in India who finds it.

Van Witsen, Betty. "Cheese, Peas and Chocolate Pudding," in Storytelling With the Flannelboard, ed. Paul S. Anderson, Minneapolis, MN, T. S. Dennison Company, Inc., 1970. $5.00.

Once a young boy would only eat cheese, peas and chocolate pudding. After much tempting of all kinds of foods, he accidently tastes a hamburger. A change is then seen in what he eats.

Young, Miriam. Jelly Beans for Breakfast. Parents' Magazine Press, New York, 1968. $3.95.

Two children pretend they can eat anything they like. They soon learn some foods aren't ideal for meals or snacks.

Newsletters

Child Care Resources. Quality Child Care, Inc., 5209 Eden Road, P.O. Box 176, Mound, MN 55364 Subscription $6.00 per year.

A monthly training publication of this non-profit service organization. Featured articles, nourishing notes and day care activities are featured.

Neugebaur, Roger Ed. Child Care Information Exchange. 70 Oakley Rd., Belmont, Mass. 02178. One year subscription (6 issues) ... $12.00.

Designed to help day care directors develop skills needed to effectively manage their program. Regular features, resources and practical ideas, center spotlights and fund-raising news are highlights in this newsletter.

Practical Parenting. 15235 Minnetonka Blvd., Minnetonka, MN 55343, one year subscription $5.00.

A bi-monthly newsletter by parents for parents and educators of young children. By the author of Feed Me I'm Yours! Nutritious recipes and nutritional information appears in every edition.

Stone Soup. Michigan Dept. of Education, Child Nutrition Unit. Eighth floor, Board of Water and Light Bldg., 123 West Ottawa, Lansing, Michigan 48933.

News for child care center food programs. Featured articles and state office news comprise the content monthly.

Tummy Yummers. Child Nutrition Section. Minnesota State Department of Education, Capitol Square Bldg., 550 Cedar Street, St. Paul, MN 55101.

A monthly publication of child care food program news. The audience is the centers participating in the child care food program. Program news, featured articles and nutrition information are included in each issue.

Warren, Jean, Ed. Tot Line. The activity newsletter for home or school. Warren Publishing, 1004 Harborview Lane, Everrett, WA 98203. Published bi-monthly. $9.00 subscription rate.